Fitness Bikes

2009

Fitness Bikes

For the Home

smooth

quiet

comfortable

VISION FITNESS®

Vision Fitness began as a division of the Trek® Bicycle Company, where we pioneered the development of the smoothest, quietest, and most comfortable fitness bikes available. In 1996, Vision Fitness was spun off by the Trek® Fitness management team to continue to bring to market innovative fitness products. We offer you the same combination of quality, value, and performance that has made our founding company the most requested bicycle brand in America.

Over the last 10-plus years, we have grown from offering three fitness bikes to a full lineup of award-winning treadmills, elliptical trainers, fitness bikes, and strength equipment. Today, we are one of the top fitness equipment companies in the world. We attribute our success to our dedication to high quality standards, the development of innovative products that motivate people to achieve their goals, and unsurpassed customer service.

VISION FITNESS headquarters
located in Lake Mills, WI

VISION FITNESS®

To learn more about Vision Fitness and our complete line of quality fitness products, please visit our website: www.visionfitness.com.

Awards & Media

Vision Fitness prides itself in creating high-quality fitness products at an exceptional value that best help you achieve your fitness goals. Vision Fitness® products have earned numerous "Best Buy" awards since 1995. Below is a list of these award-winning products:

T9200 - Platform Treadmill	February 2008
T9200 - Platform Treadmill	February 2007
R2250HRT - Semi-Recumbent Fitness Bike	Health Magazine - Jan./Feb. 2007
R2250HRT - Semi-Recumbent Fitness Bike	Consumers Digest - February 2007
E3200HRT - Upright Fitness Bike	Consumers Digest - February 2007
T9500 - Platform Treadmill	February 2006
T9200 - Platform Treadmill	February 2006
E3200HRT - Upright Fitness Bike	BBC Focus U.K. - January 2006
E3100 - Upright Fitness Bike	Men's Fitness U.K. - March 2005
X6100 - Elliptical Trainer	Health Magazine - Jan./Feb. 2005
T9200 - Platform Treadmill	January 2005
X6200HRT - Elliptical Trainer	Which? Magazine U.K. - August 2004
E3000 - Upright Fitness Bike	Consumers Digest - February 2004
T9200 - Platform Treadmill	January 2004
T9200 - Platform Treadmill	May 2003
R2000 - Semi-Recumbent Fitness Bike	Consumers Guide
X6200 - Folding Elliptical Trainer	Consumers Digest - Jan./Feb. 2001
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Jan./Feb. 2001
X6200 - Folding Elliptical Trainer	Consumers Digest - Sept./Oct. 1998
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Sept./Oct. 1998
E4100 - Dual-Action Upright Fitness Bike	Consumers Digest - Sept./Oct. 1998
E3200 - Upright Fitness Bike	Consumers Digest - Sept./Oct. 1998
E4100 - Dual-Action Upright Fitness Bike	Consumers Digest - Nov./Dec. 1997
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Nov./Dec. 1996
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Sept./Oct. 1995

Try an award-winning Vision Fitness® bike at your local specialty fitness retailer. We are confident you will agree with the thousands of satisfied users and find our fitness bikes are the smoothest, quietest, and most comfortable you have ever ridden.

Prevention magazine
January 2008
R2050
"There's no hunching over with this recumbent design. The large seat is easy to get into and out of and provides lumbar support so you can work out longer without aggravating back pain."

Health magazine
January/February 2007
R2250
"The step-through frame is just one of the comfort features on this body-friendly ride. Add the reclining seat, adjustable lumbar control, and 28 seat positions, and you might find yourself riding longer than you'd planned."

BBC Focus U.K.
January 2006
E3200
"As soon as you mount the **E3200,** you can see where the extra money has gone. The bike feels…polished, with no sign of any rattles or creaks. There is also a far wider variety of training options, with specific manual training, interval training, weight loss, sprinting and hill climbing…the **E3200** is a winner. There's also an impressive amount of onscreen information."

Smooth

What really makes our bikes stand out is the smooth ride they offer. Our fitness bikes provide years of maintenance-free performance without jarring or jerking. We pioneered the friction-free magnetic resistance system with no wearing parts for maximum performance and durability. Combine this system with our optimally-weighted flywheel, and you get the smoothest resistance mechanism available. When the resistance level is changed on the console (even in the middle of a workout), the transitions are smooth, gradual, and fluid.

With Vision Fitness's emphasis on a smooth and quiet drive system, the internal components need to be top-of-the-line in quality and performance. We specify premium sealed roller bearings to ensure this quality. With up to eight sets of roller bearings on some of our products, the cost to specify high-end, name-brand bearings can be significant compared to the off-the-shelf bearings used by our competitors. Vision Fitness will not cut corners, which is why we are the leader in the fitness bike industry. Additionally, high-end bicycle manufacturers have been using three-piece cranks for years. Vision Fitness was among the first to transfer this technology to the fitness industry. Three-piece cranks are more durable, provide a smoother feel, and can be found on all Vision Fitness® bikes.

Only high-end, name-brand roller bearings are used on our bikes

Quiet-Glide™ drive system

Quiet

Many people read a magazine or watch television while working out on a piece of home fitness equipment. Additionally, they may work out in the early morning or late evening and do not want to disturb others. Vision Fitness is aware of this and, therefore, developed our Quiet-Glide™ drive technology, which utilizes a multi-ribbed supersilent Poly-V belt, to ensure an extra-quiet workout. The large eight-ribbed Poly-V belts on our **200** Series bikes give our products a competitive advantage. The larger surface area puts less tension on the belt, which results in a longer lifespan of not only the belt but the entire drive system. Computer modeling on this drive system shows the expected life to exceed 20,000 hours—that's over 50 years of life when used one hour a day!

Verisys Registrars ISO 9001:2000

International Organization for Standardization (ISO) certification is attained by implementing and demonstrating the consistent manufacturing procedures that are necessary to produce a top quality product. All Vision Fitness® bikes are produced in plants that are ISO-certified*. Because we are so confident in the quality of our products, our bikes come with an amazing Lifetime home-use warranty on their frames and magnetic brakes systems. The parts and electronics warranty is three years on the **R2050** and **200** Series products.

*__ES700__ Indoor Cycle excluded

Comfortable

A bike's seat is your primary contact point and, because of this, Vision Fitness has always set comfort of the seat as a top priority. Our Comfort Arc™ seats, with body-contoured foam and free range of motion, will have you smiling for miles. They are designed to fit the majority of the population and are considered the most comfortable in the fitness industry. Our upright seats have a cutout in the nose to reduce pressure on soft tissue areas. Our semi-recumbent seats offer lumbar support, and the seat bottoms include two sets of mounting holes so the seat can be adjusted to the perfect position for you.

The **R2250** offers a breathable mesh reclining seatback, which has a 15-degree range of motion for added comfort. Both of our step-thru semi-recumbent bikes (models **R2050** and **R2250**) were designed for easy access. The step-thru feature is ideal for those lacking the balance or flexibility to use traditional semi-recumbent bikes.

Vision Fitness uses thick, body-contoured foam on our Comfort Arc™ seats

Customize Your Bike

Vision Fitness configured our upright and semi-recumbent bike frames so that they can be matched with any of our three console options. Simply choose the console that meets your needs, and add it to the frame that offers what you want. The result is the perfect bike for you!

1 Choose your CONSOLE

SIMPLE
- LCD Screen
- 7 Programs
- Easy Operation
- 16 Levels of Resistance
- Contact Heart Rate

DELUXE
- Blue Backlit LCD Screen
- 7 Programs
- Scrolling Message Bar
- 20 Levels of Resistance
- Contact Heart Rate

PREMIER
- Blue Backlit LCD Screen w/Upper Display
- 18 Programs
- Program Quick Keys
- Scrolling Message Bar
- 20 Levels of Resistance
- Telemetric & Contact Heart Rate

2 Select your FRAME

E1500
- ECB Magnetic Resistance
- Supersilent Poly-V Belt
- 21-lb. Balanced Flywheel
- Comfort Arc™ Upright Seat
- 2-year Parts/Electronics Warranty

E3200
- ECB-Plus™ Magnetic Resistance
- Quiet-Glide™ Supersilent Poly-V Belt
- 24-lb. Balanced Flywheel
- Comfort Arc™ Upright Seat & Armrests
- Home & Corporate Warranties

R1500
- ECB Magnetic Resistance
- Supersilent Poly-V Belt
- 21-lb. Balanced Flywheel
- Comfort Arc™ Seat w/Lumbar Support
- 2-year Parts/Electronics Warranty

R2050
- ECB Magnetic Resistance & Step-Thru Frame
- Supersilent Poly-V Belt
- 21-lb. Balanced Flywheel
- Comfort Arc™ Seat w/Lumbar Support
- 3-year Parts/Electronics Warranty

R2250
- ECB-Plus™ Magnetic Resistance
- Quiet-Glide™ Supersilent Poly-V Belt
- 24-lb. Balanced Flywheel
- Comfort Arc™ Mesh Seat w/Recline
- Home & Corporate Warranties

3 The PERFECT BIKE for you!

Console Options

Key features found on all Vision Fitness® home fitness bike consoles:

- Quick Start Button—Simply press and go.
- Resistance Level, RPM, Time, Distance, Heart Rate, Calories, and Watts Readouts
- Integrated Reading Rack
- Program Profile Display—Illustrates resistance level and how much of the workout is complete.
- Easy-to-read LCD Display
- Preset Programs

SIMPLE

Our **Simple** console comes with seven preset programs and provides several important pieces of exercise feedback, including heart rate from the contact heart rate grips. If all you need is standard feedback, this is the console for you.

DELUXE

Our **Deluxe** console is for the user who wants more specialized programming but doesn't need all of the bells and whistles. This console features a blue backlit LCD display that provides more exercise feedback, such as Speed, METS, and % Max Heart Rate, and has a scrolling message bar that provides instructions and feedback during each program and its setup. The **Deluxe** console also offers 20 levels of resistance. Lastly, its reading rack has an MP3 holder, so users can easily access their music while working out.

PREMIER

Our **Premier** console has all of the features of the **Deluxe** and more. It has 18 programs, including five custom user programs, three interactive heart rate programs, three goal programs, and, like the **Deluxe,** our exclusive SPRINT 8® anaerobic workout. It is equipped with a telemetric heart rate chest strap, which allows you to monitor your heart rate without having to hold the contact heart rate grips. Important exercise feedback is displayed in three easy-to-read, individual, upper feedback windows.

Frame Options

Key features found on all Vision Fitness® home fitness bike frames:

- Front Transport Wheels—Allow easy movement.
- Premium Sealed Roller Bearings—Keep bikes operating smoothly and quietly.
- Handlebars with Contact Heart Rate Sensors
- Comfort Arc™ Seats—Considered the most comfortable seats in the industry.
- Three-Piece Cranks—Provide increased durability and a smooth feel.

R1500
SEMI-RECUMBENT BIKE

E1500
UPRIGHT BIKE

The **R1500** and **E1500** are our entry-level semi-recumbent and upright exercise bikes; however, they are still loaded with great features. They use an ECB magnetic resistance system with a 21-lb. flywheel and a supersilent Poly-V belt to create a durable drive system that offers smooth resistance changes. These models come standard with contact heart rate and are equipped with our Comfort Arc™ seats.

R2050
SEMI-RECUMBENT BIKE

The **R2050** Semi-Recumbent Bike has the same great features as the **R1500** but also offers our popular step-thru feature, making it easier to get on and off of the bike. It also uses a heavier gauge steel in its frame and has a longer seat rail length, like our **R2250.**

R2250
SEMI-RECUMBENT BIKE

E3200
UPRIGHT BIKE

The **R2250** and **E3200** are our top-of-the-line semi-recumbent and upright bike frames. They use our ECB-Plus™ magnetic resistance system and a larger 24-lb. flywheel for the smoothest possible resistance changes. These bikes also use our Quiet-Glide™ drive system with a larger eight-ribbed Poly-V belt, resulting in a longer drive system life span. Our **E3200** Upright Bike has our multi-position handlebars with armrests for added comfort, while the **R2250** offers a reclining mesh seat that keeps users cool when exercising. The aluminum seat rail used on the **R2250** allows for smooth and effortless seat adjustments.

feature	Premier	Deluxe	Simple
console and programs	BLUE BACKLIT LCD w/UPPER DISPLAY SPRINT 8®, Manual, Intervals, Fat Burn, Mountain, Random, Watts, 5 Custom User Programs, 3 HRT® Programs, 3 Goal Programs Integrated Reading Rack	BLUE BACKLIT LCD SPRINT 8®, Manual, Intervals, Fat Burn, Mountain, Random, Watts Integrated Reading Rack	LCD Manual, Muscle Toner, Intervals, Fat Burn, Incline, Rolling Hills, Mountain Integrated Reading Rack
console feedback	Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate	Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate	Watts, Distance, Time, Heart Rate, Calories, RPM, Program, Level
heart rate	Contact & Telemetric	Contact	Contact
program levels	20	20	16

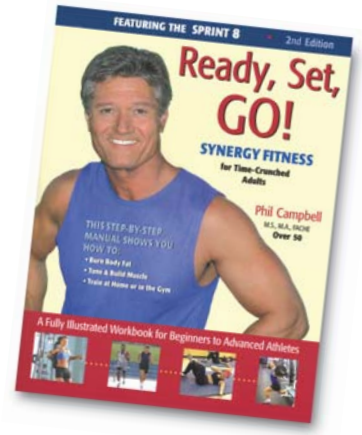
feature	R2250 semi-recumbent	R2050 semi-recumbent	R1500 semi-recumbent	E3200 upright	E1500 upright
resistance system	ECB-PLUS™ Motor-Operated Permanent Magnet	Motor-Operated ECB	Motor-Operated ECB	ECB-PLUS™ Motor-Operated Permanent Magnet	Motor-Operated ECB
drive train	QUIET-GLIDE™ Supersilent Poly-V Belt	Supersilent Poly-V Belt	Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	Supersilent Poly-V Belt
flywheel	24 lbs. Balanced	21 lbs. Balanced	21 lbs. Balanced	24 lbs. Balanced	21 lbs. Balanced
seat	COMFORT ARC™ w/ Reclining Mesh Seat	COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ Upright	COMFORT ARC™ Upright
seat rail/post	Aluminum, 28 Positions	Sandblasted Steel	Sandblasted Steel	Steel	Steel
handlebars	Extended Console & Seat w/ Contact Heart Rate	Console & Seat w/ Contact Heart Rate	Console & Seat w/ Contact Heart Rate	Multi-Position w/ Armrests	Multi-Position
pedals	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps
power	Plug-In	Plug-In	Plug-In	Plug-In	Plug-In
home warranty*	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor
limited corporate warranty*	Up to 3 Hours of Use/Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	None	None	Up to 3 Hours of Use/Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	None
dimensions	67"L x 26"W x 53"H	62"L x 26"W x 50"H	57"L x 27"W x 47"H	41"L x 26"W x 56"H	40"L x 26"W x 50"H
product weight	150 lbs.	150 lbs.	102 lbs.	104 lbs.	82 lbs.
max. user weight	300 lbs.	300 lbs.	300 lbs.	300 lbs.	300 lbs.
upgrades from previous model	UPGRADES FROM **R2050** Reclining Mesh Seat, Extended Console Handlebar, ECB-Plus™ Resistance System, Quiet-Glide™ Drive, Heavier Flywheel, Corporate Warranty	UPGRADES FROM **R1500** Step-Thru Access, Heavier Gauge Steel Frame, Longer Seat Rail, Warranty	UPGRADES FROM SPORTING GOODS MODEL Bottom Support Tube on Frame, Comfort Arc™ Seat, Heavy Gauge Frame, Supersilent Poly-V Belt, Three-Piece Crank, Warranty	UPGRADES FROM **E1500** Quiet-Glide™ Drive, Heavier Frame, ECB-Plus™ Resistance System, Heavier Flywheel, Warranty	UPGRADES FROM SPORTING GOODS MODEL Comfort Arc™ Seat, Heavy Gauge Frame, Supersilent Poly-V Belt, Three-Piece Crank, Warranty

* Refer to **www.visionfitness.com** for complete Warranty details.
All product specifications are subject to change.

feature	E4000 dual-action	ES700 indoor cycle
console and programs	LCD DISPLAY W/LARGE FEEDBACK WINDOW No Programs	FRAME: Anti-Rust-Coated High-Tensile Steel Frame
console feedback	RPM, Calories, Distance, Time	SEAT POST & HANDLEBAR STEM: Stainless Steel w/ Precision Diecasting & Extensible Slider w/ Scale
heart rate	None	DRIVE TRAIN: Maintenance-Free Belt Drive
program levels	Indexed	BOTTOM BRACKET: Cro-Moly Heat Treated Axle w/ Quality SKF Sealed Roller Bearings
resistance system	ECB Cable-Operated, Permanent Magnet	RESISTANCE SYSTEM: Friction Brake w/ Microadjust Knob & Emergency Stop
drive train	Chain & Poly-V Belt	FLYWHEEL: High Inertial, 46 lbs.
flywheel	16.5 lbs. Balanced	CRANKS: High Carbon Steel w/ Heat Treatment
seat	COMFORT ARC™ Upright	PEDALS: Standard Alloy Pedals
seat post	Steel	HANDLEBAR: Multi-Position w/ Microadjust
handlebars	Multi-Position	SEAT: Comfortable Velo® Saddle
pedals	Double-Sided Strapless	FLOOR SPACE: 43"L x 23.5"W x 51"H
power	2 AA Battery	PRODUCT WEIGHT: 127 lbs.
home warranty*	Lifetime Frame, Lifetime Magnetic Brake, 2 Years Electronics/Parts, 1 Year Labor	MAXIMUM USER WEIGHT: 300 lbs.
limited corporate warranty*	Up to 3 Hours of Use/Day: 1 Year Frame, 1 Year Magnetic Brake, 1 Year Electronics/Parts, 1 Year Labor	STANDARD FEATURES: Water Bottle Cage
dimensions	43"L x 25"W x 53"H	WARRANTY*: 15 Years Frame, 3 Years Parts, 1 Year Labor, 90 Days Wear Items
product weight	97 lbs.	
max. user weight	300 lbs.	
upgrades from previous model	UPGRADES FROM POPULAR AIR BIKE: Adjustable Magnetic Resistance, Comfort Arc™ Seat, Quieter Workout, Heavy Gauge Frame	

The Perfect Fitness Solution …

The SPRINT 8® program found on Vision Fitness® bikes was developed with Phil Campbell, MS, MA, and author of **Ready, Set, Go! Synergy Fitness.** Mr. Campbell is an expert in the field of anaerobic exercise, which has been cited by numerous medical publications as the cure for somatopause or the "middle-age spread." The "middle-age spread" is the energy decline, weight-gain, loss of muscle, and wrinkled skin we experience after age 30.

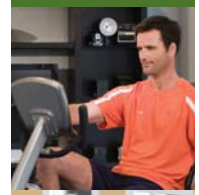


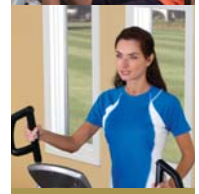
Vision Fitness is the first fitness company to integrate anaerobic exercise programming (SPRINT 8) into our equipment that specifically promotes the natural release of human growth hormone. This hormone—the most powerful body-fat-cutting, muscle-toning, anti-aging substance known in science—is produced by the body during the SPRINT 8® workout.

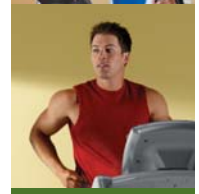
smooth quiet comfortable

it all starts with a

vision







VISION FITNESS®

500 South CP Avenue ▪ P.O. Box 280 ▪ Lake Mills, WI 53551
toll free 800.335.4348 ▪ phone 920.648.4090 ▪ fax 920.648.3373
www.visionfitness.com

©2008 Vision Fitness. All Rights Reserved. Comfort Arc, ECB-Plus, HRT, Quiet-Glide, and SPRINT 8 are Trademarks of Vision Fitness.
May be covered by one or more patents or patents pending: US 4917376

9.08 Part #ZMM1000142
LIT18.01MKT
REV24